

Leslie, Dr. Murray. *The Health of a Woman.* Methuen's Health Series. IN a recently published volume of the above series Dr. Murray Leslie has given that public which needs essentials simply expressed, a wise and readable little book. While the world now teems with handbooks on all subjects we have never before had anything just like this. It is clearly and plainly written, and he does not hesitate to deal, in a sane and business-like manner, with many points on the health of women which twenty years ago would have been entirely ignored in a popular manual.

Though Dr. Murray Leslie does not profess to write on the science of eugenics, all his teaching, making as it does for the fitness of the individual, is really a contribution to the improvement of the race. He urges strongly the necessity for knowledge concerning the germ-origin of disease, and does not hesitate to point out the special importance of women being alive to the dangers and prevalence of venereal diseases. The value of a good heredity is dwelt upon, and the fact that bad habits of many kinds, telling on the health of the individual, are injurious to the race is not forgotten.

"A woman," says Dr. Murray Leslie, "must not only be healthy herself, "but she must marry a healthy man if she is to have a healthy life and if she wants to have healthy children. The time will come when eugenic knowledge will so permeate all classes with a love of health and fitness that it will be almost impossible for young men and young women to fall in love and mate with the weak, the diseased and the degenerate, both for their own sakes and for that of their unborn children."

In fact, it is urged that every girl should regard herself in the light of a potential mother, and pride in good health as well as intellectual development ought to be encouraged in all.

Perhaps in spite of the soundness of the teaching the reader may become a little weary of the constant repetition of the word "woman," which we venture to think might have in many places been avoided. This, however, is a detail.

The book is on the whole excellent, and we closed it with a hope that a similar volume on "The Health of a Man," written by a woman as wise and kind as is Dr. Murray Leslie may soon be added to the series of manuals.

HELEN WEBB.

Thornton, GUY C. F., Capt.-Chaplain of N.Z.E.F. *With the Anzacs in Cairo.* London: H. R. Allenson, Ltd.; pp. 159; 2s. 6d. net.

THE object of this little book is to vindicate the behaviour of the Anzac and British troops stationed in Cairo during the earlier portion of the War as against the exaggerated reports of the various excesses attributed to them. It begins with a pleasant description of the city; proceeds to an unvarnished (and in places censored) account of the Esbekia and Fish Market, stating the evils rampant there and suggesting means by which they might be remedied; lastly, the author illustrates by many examples the value of spiritual forces in combating the evils of drink and prostitution and in permanently reclaiming its victims.

The amount of vice which did go on in Cairo, and which gave a bad name to all, he claims, with reason, to have been the work of a very small proportion of the troops. His wonder is that conditions were not very much worse, considering the manner in which opportunity for vice of every kind was flaunted before the eyes of the soldiers. He suggests some alternatives: Either (1) the offending districts should be cleansed and the licensed women deported; or (2) remove the women to a more remote part of the city; or (3) make the district out of bounds to troops; (4) in any case he wishes drastic measures to prevent solicitation. It is known that recently this whole question has received the earnest consideration of the authorities, but the present writer is unaware of the